



# The Effects of Time on Social Media and Anxiety

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## Introduction

### Social Media Increase

- (Acar, 2008 & Sheldon, 2008).

### Dispositional Anxiety and Social Media

- (Calancie, Ewing, Narducci, Horgan, & Khalid-Khan, 2017)

### Social Media and Daily Life

- (O'Reilly et al., 2018)

H<sub>1</sub>- When people spend more time on social media, there will be a higher level of anxiety.

H<sub>2</sub>- Women will tend to spend more time on social media leading to higher levels of anxiety in women.

## Methods

### Adults (18+)

Male = 14, Female= 129

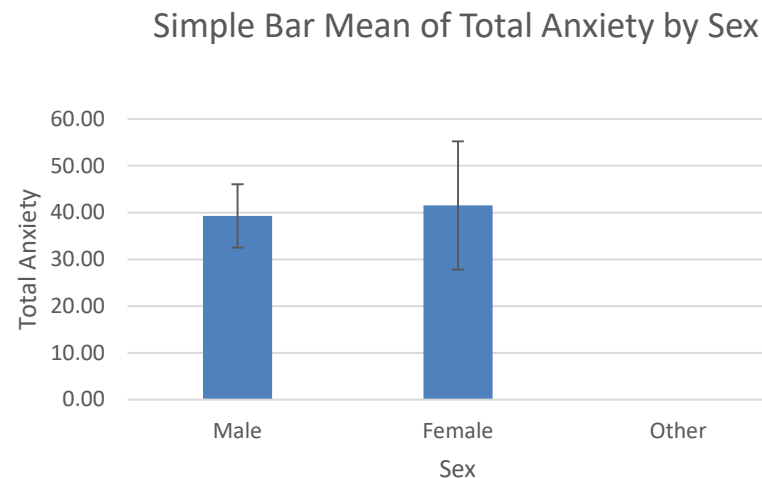
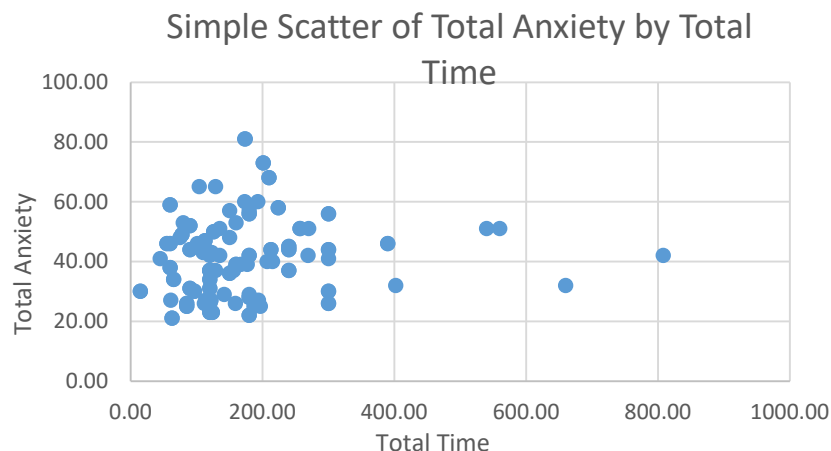
N=143

### Becks Anxiety Inventory

- Twenty-One Questions
- Questions based on symptoms in the past month.
- Scored 0-3, then added to see individual's anxiety score.
- (Beck, 1993)

### Social Media Usage

- Screen Time vs Application vs Estimation



## Results

- Time spent on social media does not mean an individual will have higher anxiety.
- Females were more anxious because of time spent on social media.

## Conclusions

- Those that spend more time on social media will not have more anxiety.
- Females have higher levels of anxiety than males.
- Future Studies should be more clear about how to estimate social media usage.
- Future studies should attempt to reach an audience of both men and women in equal numbers.

## References

- (Acar, 2008 & Sheldon, 2008).  
(Beck, 1993)  
(Calancie, Ewing, Narducci, Horgan, & Khalid-Khan, 2017)  
(O'Reilly et al., 2018)